

CLASS DESCRIPTIONS



DDM - DISCOVERDANCE W/ME!

Explore the joy of movement with your little one and discover the many benefits of early childhood dance classes. We will dance, sing, and play in both one-on-one activities and group activities. Through circle songs, open exploration, and gross motor development exercises, children will blossom with each passing class as they grow with their caregiver during this precious time together.

DDT - DISCOVERDANCE TOTS

Watch your child's independence and confidence soar, as our DDTs explore and discover the benefits of a more structured dance class. Following directions, waiting for our turn, and collectively problem solving will encourage emotional and social development. Live singing, musical play, and sensory props will have these little ones moving and grooving with their friends and eager to return to class each week!

TUMBLING TOTS AND TAPPING TOTS

Tumbling Tots will incorporate gymnastic elements while Tapping Tots will start to build the foundation and love for tap!

DD1 - DISCOVERDANCE LEVEL 1

Discover the magic of imaginative play with live singing, structured explorations, and skill development. Our DD1 classes offer an outlet for creative expression, physical growth, and social interaction. Children will explore the essence of movement that will lead to the discovery of multiple styles of dance.

DD2 - DISCOVERDANCE LEVEL 2

As a continuation of our DiscoverDance 1 classes, our DiscoverDance 2 dancers continue the exploration of concepts with more emphasis on physical growth, flexibility, and coordination. Short choreographic combinations assist in memory development as structured explorations continue to assist the development of problem solving and social interaction.

DD1 & DD2 ACRO - DISCOVERDANCE LEVEL 1 & 2 ACRO

Dancers will continue to explore the concepts and ideas from DiscoverDance 1 & 2 while introducing floor work and basic tumbling skills.

HIP TAP HOPPERS FOR AGES 3 AND 4

Using the concepts of a traditional DiscoverDance class dancers will get to learn about rhythm while tapping and find their unique personal style in hip hop.

EXPLORE LEVELS

As students begin to mature, we transition from discovering all the ways our bodies can move to exploring a deeper movement vocabulary that will prepare dancers for the classical styles of dance. Using the concepts from DiscoverDance, the dancer learns more about the specific genre, while still engaging in age appropriate exercises.

BALLET

Dancers will learn to move with grace and strength while focusing on proper alignment in this artistic, precise, and highly formalized form of dance. Mastery of technical skills come with time and practice. We recommend 2-3 ballet classes per week and use a blend of the different schools of ballet to help dancers become well rounded.

PRE-POINTE & POINTE

Pre-pointe is a conditioning class for dancers to gain the necessary strength to go en pointe. It focuses on all around body strength with an emphasis on the feet, ankles and calves. Pointe class guides dancers safely through warm up, barre, center and across the floor exercises while en pointe. Dancers also get to learn several ballet variations from world famous ballets. A minimum of 2 ballet classes per week is required to take pre-pointe and pointe. A pointe test is given bi-annually to the pre-pointe class. Dancers must pass this in order to go en pointe.

MODERN

This expressive technique class is done barefoot where the dancer utilizes all body parts, levels and shapes in order to create movement. A blend of codified techniques are used in modern at LCDC to keep dancers skilled and knowledgeable.

JAZZ

Jazz is an exciting technique performed from the core with clean and strong lines emanating from the hips and chest. Jazz uses popular music to execute syncopated and dynamic movements.

CONTEMPORARY & LYRICAL

Contemporary and Lyrical are expressive and accessible forms of dance. Based in modern dance, but utilizing ballet, jazz and hip hop the exact style is subject to the teacher/choreographer.

HIP HOP

Hip hop is a fusion dance genre that incorporates elements of popping, locking, breaking, jazz, ballet, tap and other styles and is typically performed to hip-hop, R&B, funk, electronic or pop music.

JAZZ/MUSICAL THEATER

Become a triple threat! Learn a variety of dance styles and hone your acting and singing skills at the same time.

ACRO

Acro is a dynamic and exhilarating fusion of dance and acrobatic arts. Combining elements of ballet, jazz, and acrobatics, this innovative class allows you to defy gravity and experience the thrill of dance and gymnastics!

TEEN BALLET

Teen ballet is the perfect class for older dancers who are just starting out. They will learn ballet at a pace that suits their ability.

TAP

Tap dance is a style that develops rhythm, sounds and coordination using both Broadway and Rhythm tap techniques.

REQUIREMENTS



DiscoverDance - ages walking to 4, 1-2 classes recommended

DDM - DiscoverDance W/Me! (Ages walking to 3 with a grown up)

DDT, Tumbling Tots, Tapping Tots - DiscoverDance Tots (Age 2 independent class, must be 2 by October 1, 2025)

DD1, DD1/2 Acro, Hip Tap Hoppers - DiscoverDance level 1 (Age 3 independent class, must be 3 by October 1, 2025)

DD2, DD1/2 Acro, Hip Tap Hoppers - DiscoverDance level 2 (Age 4 independent class, must be 4 by October 1, 2025)

Explore Classes - kindergarten aged students, 2-3 classes recommended

Explore Ballet - Ballet only class

Explore Jazz/Modern - Jazz and Modern combo class

Explore Tap/Hip Hop - Tap and Hip Hop combo class

Explore Ballet/Tap - Ballet and Tap combo class

Explore Ballet/Jazz - Ballet and Jazz combo class

Explore Hip Hop/Acro - Hip Hop and Acro combo class

Student levels 1-5 & Teen Ballet - ages 6-17 class options

Level 1: Ballet, *Lyrical, Modern, Jazz, Hip Hop, Jazz/Musical Theater, ****Acro, and Tap** (Approximate ages 6-8 with 0-3 years experience); **2-3 classes recommended**

Level 2: Ballet (2 ballet classes per week are encouraged) Modern, Jazz, Hip Hop, Ballet/Hip Hop, Jazz/Musical Theater, **Acro ***Lyrical, Tap, and Company (by audition only)** (Approximate ages 7-10 with 2-3 years experience); **2-4 classes recommended**

Level 3: *Ballet, *Pre-Pointe (2 ballet classes per week required, cannot take pre-pointe without ballet prior), Modern, Jazz, **Contemporary, ***Lyrical, Hip Hop, ****Acro, Tap, and Company (by audition only)** (Approximate ages 8-11 with 3-5 years experience); **3-4 classes recommended**

Level 4: *Ballet, *Pre-Pointe/pointe (2 ballet classes per week required, cannot take pre-pointe/pointe without ballet prior), Modern, Jazz, **Contemporary, Hip Hop, Tap, and Company (by audition only)** (Approximate ages 9-15 with 5+ years experience); **4+ classes recommended**

Level 5: *Ballet, *Pre-Pointe/pointe (2 ballet classes per week required, cannot take pre-pointe/pointe without ballet prior), Modern, Jazz, **Contemporary, Hip Hop, and Company (by audition only)** (Approximate ages 11-17 with 5+ years experience); **5+ classes recommended**

Teen Ballet: For older beginner dancers with little or no experience. After gaining necessary foundational skills dancers progress into level 3 or 4 when ready.

***Ballet levels 3,4,5 are required to take at least 2 ballet classes a week**

****Must take Modern**

*****Must take the ballet class before**

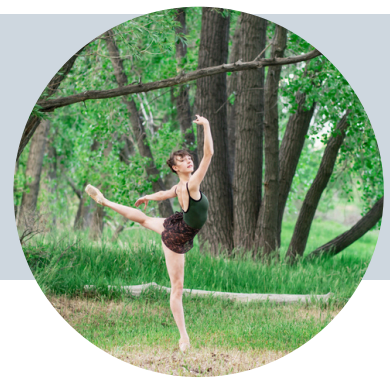
******Must be enrolled in another class in addition**

Ballet levels 1 and 2 are encouraged to take 2 classes per week

Ages and years of experience are estimations. Each dancer is evaluated on their own skills and will be placed in the level that is best suited for them to thrive.

DRESS CODES

Littleton Contemporary Dance Center uses a dress code to promote discipline, create a sense of community and belonging, allow for a full range of motion in class and to ensure dancers remain focused by eliminating distractions.



DISCOVERDANCE LEVELS

DDM - grown ups wear comfortable clothes you can move in

Kiddos - follow the DDT/1/2 dress code or comfortable clothes they can move in

DDT, Tumbling Tots, DD1, DD2, DD1, DD2, Acro Option 1 - pink leotard with NO attached skirt, pink footless tights and no shoes

DDT, Tumbling Tots, DD1, DD2, DD1, DD2, Acro Option 2 - white tee shirt and black shorts or pants, no shoes

Tapping Tots and Hip Tap Hoppers will need tap shoes and should follow the dress code above

EXPLORE LEVELS

Explore Ballet, Explore Ballet/Tap, Explore Ballet/Jazz (no jazz shoes needed)

Option 1 - pink Leotard, pink tights, pink ballet slippers and tap shoes if in a tap combo class

Option 2 - white shirt, black pants or shorts, black ballet shoes and tap shoes if in a tap combo class

Explore Jazz/Modern

Option 1 - leotard, tights/leggings/shorts, black jazz shoes and bare feet for modern

Option 2 - solid color tee-shirt, pants or shorts, black jazz shoes and bare feet for modern

Explore Tap/Hip Hop, Explore Hip Hop/Acro

Comfortable clothes they can move in, no skirts, tap shoes and either bare feet or clean sneakers for Hip Hop, no shoes for Acro

BALLET LEVELS 1-5, POINTE/PRE-POINTE, TEEN BALLET

Option 1 - black leotard, pink tights, pink ballet slippers, skirts may be worn with teacher approval

Option 2 - white tee-shirt, black tights or pants, black ballet slippers

MODERN LEVELS 1-5

Option 1 - leotard, black tights or leggings, bare feet

Option 2 - solid color tee-shirt, black tights or pants, bare feet

JAZZ 1-5 & MUSICAL THEATER

Option 1 - leotard or tank top, tights/leggings/shorts, black jazz shoes

Option 2 - solid color tee-shirt, black tights/pants/shorts, black jazz shoes

CONTEMPORARY, LYRICAL & ACRO

Option 1 - leotard or tank top, tights/leggings/shorts, bare feet or socks with teacher approval

Option 2 - solid color tee-shirt, black tights/pants/shorts, bare feet or socks with teacher approval

HIP HOP LEVELS 1-5

Option 1 - tank top or form fitting tee-shirt, leggings or sweat pants, clean shoes that will not mark up the floor, and have not been worn outside

Option 2 - solid color tee-shirt, pants or shorts, clean shoes that will not mark the floor and have not been worn outside

TAP LEVELS 1-3

Option 1 - leotard or tank top, leggings or shorts, tap shoes

Option 2 - tee-shirt or tank, pants or shorts, tap shoes

ADULT CLASSES

Comfortable clothes you can move in. Clean sneakers for WERQ. Ballet slippers for ballet. Bare feet for ballet burn. Any style of tap shoe for tap.

BALLET/HIP HOP

Follow the ballet dress code from above, either option 1 or 2 and for the hip hop portion of class dancers can add shorts or sweat pants/leggings and a shirt over their ballet attire if they choose to. Clean hip hop shoes that have not been worn outside.

IMPORTANT REMINDERS

ABSOLUTELY NO STREET SHOES ALLOWED IN EITHER STUDIO 1 OR 2 AT ANY TIME.

Dance shoes should never be worn outside, including ballet, jazz, hip hop and tap shoes.

It is up to each dancer to ensure they are wearing clean shoes that do not mark up the floor.

Tap shoe screws must be checked before each class to make sure they are fully screwed in to the shoes.

Please practice proper hygiene before dance classes.

Any damage to the floors will result in substantial fines.

*Ballet bun for ballet and hair pulled neatly away from face for all other genres.

No jewelry or watches in any class.

No cell phones allowed in studio 1 or 2 during class.

No eating, no gum in class.

Water only in studio 1 and 2.